


NOTE: WHITE BOXES AND CIRCLES BELOW ARE FOR POSITION ONLY.
THESE SHOULD BE HOLLOW/KNOCKED OUT ON THE FINAL PRODUCT.

FOR GOOD HEALTH...

1

Eat Right!

To use this guide, just line up the dot with the topic you choose, and read about it in the cutout window.






FOR GOOD HEALTH...

2

Get Moving!

REMEMBER: Talk to your doctor before you start a diet or exercise plan!



Have a plan

Eat the right foods

Water

Food labels

For kids

Stay active

Get the right kind of exercise

Stretch often

Be careful with your body

For kids

For older adults

1/16" for score

FRONT (4CP)

1/16" for score

BACK (4CP)

Glue area for flap

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NOTE: BLACK RULE ON INSERT CARD BELOW IS FOR POSITION ONLY.
IT SHOULD NOT PRINT ON THE FINAL PRODUCT.

FRONT

Eat Right!

For more information or to order more of this tool, please call AFMC's Quality Improvement Team at 501-375-5700, or go to www.afmc.org/tools.

Talk to your kids about what they eat at school and be aware of what they eat at home. Make sure they get plenty of healthy foods like low-fat milk, vegetables, whole grains, and lean meat.

Read nutrition labels so you'll know how many calories and how much fat are in the foods you eat. One package might hold several servings, so check the serving size.

Drink at least 64 ounces of water a day. That's about 8 glasses. Drink more if you're active or out in the hot sun. It'll help keep you feeling full, and it's good for you.

Eat lean meat like chicken and fish; vegetables like carrots and greens; and complex carbs like rice, whole-grain bread and pasta. Don't keep junk food around. Choose baked or grilled foods instead of fried.

Talk to your doctor first about what to eat, how much to eat, and how to stay active to burn calories and keep your muscle tone.

PULL OR PUSH

BACK

Get Moving!

If you're 65 or older, you still need exercise! Swimming, walking, gardening or jogging might be just right for you. Talk to your doctor first.

Kids need to stay active too. They can run, swim, dance, play ball, ride a bicycle or do something else they enjoy. Make sure they get active at least two or three times a week for 20 or 30 minutes each time.

If you feel any pain, stop what you're doing! Drink plenty of water. If you're out of shape, start slowly and don't overdo it.

Stretch before you exercise. Stretching relaxes you, makes muscles stronger and helps prevent strains or sprains. Stretch often during the day.

Swimming, running, walking or bicycling can help keep your heart and your body healthy. Find an exercise that fits your schedule or makes you happy. Talk to your doctor about what's right for you.

Staying active can lower blood pressure, keep your muscles and joints healthy, and help you lose fat. You'll feel better, look better and stay healthier.

PULL OR PUSH

FLAP (4CP)

FRONT (4CP)

BACK (4CP)

INSERT CARD FRONT (4CP)

INSERT CARD BACK (BLACK)